

19 A I R R E F U E L I N G
G R O U P R O B I N S A F B ,
G A

"101 C R I T I C A L D A Y S O F
S U M M E R C A M P A I G N "

POOL SAFETY



The following hazards are associated with swimming pools.

- ⊕ *Falling on slippery walkways, decks, diving boards, or ladders.*
- ⊕ *Striking the bottom or sides of the pool because of insufficient depth for diving or sliding.*
- ⊕ *Drowning when swimming alone and without adult supervision.*

USE

- ◆ Always have competent adult supervision while children use the pool.
- ◆ Never swim alone.
- ◆ Don't use diving boards in pools that aren't deep enough for them.
- ◆ When diving, go straight off the end of the board, not the side.
- ◆ Place a safety float line where the bottom slope begins to deepen (about the four-foot level).
- ◆ Keep essential rescue devices and first -aid equipment ready at the pool.
- ◆ A floatable shepherd's crook is especially useful.
- ◆ Don't swim after drinking, eating heavily, or taking drugs and other medications.
- ◆ Keep all electrical appliances, such as radios, away from the pool because of the potential shock hazard.
- ◆ Don't show off by swimming long distances underwater.
- ◆ Learn to swim well.
- ◆ Alcohol and swimming don't mix.

KAYAKING



Kayaking can be enjoyed on the leisurely meandering flat water, out in the open sea, or on the powerful rapids of white-water. Before taking on your kayaking adventure, learn kayaking skills and techniques from a professional.

- Always wear a life jacket
- Wear a helmet on white-water
- Wear sturdy footwear and carry spare warm clothes in a waterproof bag
- Know how to rescue yourself if you capsize
- Fill all spare room in the kayak with buoyancy bags
- Never paddle alone Check out the river in advance. Find out where you can put your Kayak in and how difficult the paddling will be.
- Learn first aid and resuscitation techniques kayak in and how difficult the paddling will be.

Kayaking always involves some risk. To participate safely, you must be a good swimmer. Make sure you know the safety rules and can perform self-rescue techniques before you go on any trip.

RIVER SURVIVAL TIPS



HAZARDS TO AVOID ON RIVERS

- Overhanging trees on the outside of bends and trees submerged in the main flow
- Weirs (small dams built to regulate or redirect water flow) and low-head dams
- Moored craft and docks
- Fishing boats and swimmers

CANOEING

The canoeing experience can provide unlimited satisfaction paddling along peaceful waterways viewing spectacular scenery. Whether canoeing solo or tandem, learning basic principles, strokes, and maneuvers will give you confidence and enable you to explore other types of paddle sports. When beginning canoeing, it is wise to learn with the support of a group. Do not paddle alone. Responsible instruction builds safety and rescue skills as well as good canoeing technique. Canoeing accidents have resulted from not wearing a personal flotation device, alcohol consumption, cold water, and inexperience. Whenever you take a canoeing trip, follow these safety tips.

- Don't choose rivers beyond your ability

- Choose your route wisely; try shorter distance first

- Be respectful of private property

- Dress properly for the activity and the weather

- Wear a properly fitting PFD

- Be properly outfitted with equipment in good repair

- Do not consume alcohol or drugs

- Paddle with a support party

- Establish organizational guidelines for the tour

- Establish a reasonable schedule and stick to it

- Dress for the water temperature, not the air temperature

- Anticipate the impact of other boats, other canoeists, changing weather conditions, and motorized boats

Falling in the water will happen. Losing balance, turbulent weather, and big wakes from other boating traffic can cause you to tip over. Once in the water, knowing how to rescue yourself is basic to your survival.

Self rescue

- Swimming in PFD

- Reentering a swamped canoe

- Swimming with a canoe to shore

- Capistrano flip

Group rescue

- Towing a swimmer and canoe

- Canoe-over-canoe rescue

- Primary rescue boat practice

- Secondary rescue boat practice

SWIMMING

Most drowning occur within 10 yards of shore. Learning to swim and understanding water hazards can increase your chances of survival. Here are some tips.

Never swim alone. Swim with a friend at all times.

Swim at a safe place, preferably one with life guards.

Don't swim when overheated, tired, chilled or in storms.

Don't dive into unfamiliar waters.

Learn basic water rescue and water survival techniques to assist drowning victims and protect you.

Learn CPR to know what to do after pulling a drowning victim from the water.

Remember that alcohol does not mix with swimming.

Know your ability.

RESCUE TECHNIQUES

The Red Cross creed for lifesaving has four steps in order: **reach, throw, row, go**. Do not try the next step until you are sure that the step before will not work.

First try to reach the person. Use your hand, or anything else that can be held onto, such as a jacket, a belt, a rope, an oar or a fishing pole.

Second, throw something to the person that will float such as plastic bottle, beach toy, spare tire, ball, picnic cooler, or a piece of wood.

Third, if the victim is too far away, then you will have to go to the individual by using a log, an air mattress, a surfboard, a small boat, a raft, or anything else that you can row or paddle with your hands.

Fourth, swim out and tow the victim to shore, but try this only if you are a good swimmer and trained in life saving techniques.

SKIN & SCUBA DIVING

🌊 Remain physically qualified for diving, by having a physical examination regularly.

🌊 Obtain certified training from recognized agency.

🌊 Don't eat or drink immediately prior to diving.

🌊 Plan each dive and dive only when conditions are right.

🌊 Never dive alone, always dive with a friend.

🌊 Always have a float available for rescue or self-rescue.

🌊 Use properly adjusted equipment as required by conditions.

🌊 Establish a system of communication with other divers.

🌊 Never dive when suffering from a sore throat, a cold, or when otherwise feeling ill or very tired.

🌊 Never wear goggles or ear plugs when diving.

🌊 Adjust buoyancy to be slightly positive on full inhalation.

🌊 When diving is necessary during adverse conditions, use a life line or buddy line.

🌊 Descend at a rate that permits equalization of pressure in ear and sinus spaces. If pain is experienced in the ears, stop the decent, ascend a few feet to clear by swallowing and holding the mask against the face tightly, while exhaling through the nose.

🌊 Practice moderation in speed of swimming, depth and time in the water. Always keep breathing normally while underwater, particularly while ascending.

🌊 Never ascend faster than 60 feet per minute. A safe rule of thumb is never ascend faster than the slowest bubbles.

🌊 Surface carefully to avoid coming up under a boat or other object.

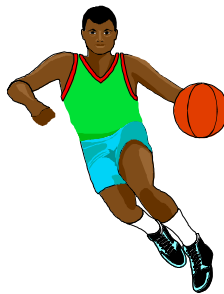
WATER SKIING

Do's	Don'ts
Know how to swim & always wear a personal flotation device(PFD)..	Don't ski in shallow water.
Have two people in the boat-one to drive & one to watch skier.	Don't wrap rope around any part of body.
Stay away from solid objects such as docks, boats, etc.	Don't ski at night.
Run parallel to shore and come in slowly when landing.	Don't ski in front of another boat.
Stay away from fishers, divers, swimmers, etc.	Don't tell boat to "GO" till rope is taut.
If you fall, clasp both hands overhead to signal O.K.	Don't overdo & become tired.
Hold up ski after falling in crowded boating area.	Don't jump from boat while it is moving.

MOUTH-TO -MOUTH RESUSCITATION

**REMOVE ANY FOREIGN MATTER FROM MOUTH.
TILT HEAD BACK SO CHIN POINTS UP.
PLACE YOUR MOUTH TIGHTLY OVER VICTIM'S.
CLOSE NOSTRILS WITH YOUR FINGERS.
BLOW INTO MOUTH TILL CHEST RISES.
REMOVE MOUTH AND LET AIR COME OUT.
REPEAT-EVERY 5 SECONDS(ADULTS)
3 SECONDS(CHILDREN)
KEEP AT IT TILL BREATHING RESUMES!
GET MEDICAL HELP!**

Fitness Injury Prevention



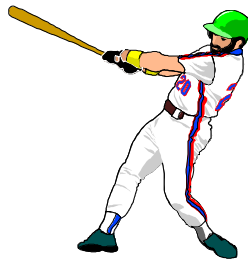
There's hardly an athlete alive, "weekend", amateur, or professional who hasn't known the pain, disappointment, and frustration that can result from a fitness-related injury. While some accidents are beyond our control, following these guidelines for exercising safely can prevent the vast majority of fitness injuries.

WARM UP/COOL DOWN

The most important times for preventing fitness injuries occur while you're not even engaged in your activity! The periods before and after exercise are critical times for preventing unnecessary pain and injury. By "*warming up*" for 5 minutes prior to exercise with gentle activities like running in place, you can increase blood flow to inactive muscles, and gradually raise your heart rate to its target zone. Similarly, you can gradually lower your heart rate to its resting rate by simply walking for 5 minutes or so after exercise.

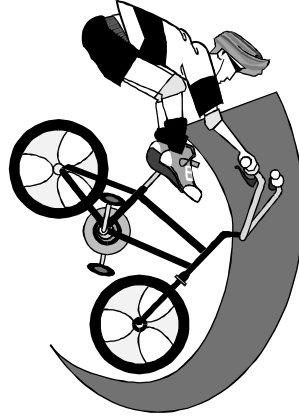
STRETCH

Gentle static stretching is actually a part of the warm up/cool down process. Stretching before exercise limbers tight muscles and improves joint flexibility thereby reducing your risk of sprains and tears. Concentrate on stretching those muscle groups used in your particular activity. For example, runners will want to concentrate on stretching out the legs, while swimmers will want to pay extra attention to upper body muscles. Static stretching for a few minutes after exercise is also recommended to prevent muscle soreness.



USE THE RIGHT EQUIPMENT

Improper equipment - worn exercise shoes, an ill-fitting bicycle, etc. - can cause more harm than is generally realized. Always check your equipment before and after your activity and be sure to make replacements or repairs promptly. Your worn out running shoes may bring you "good luck," but they can also bring you an ankle or leg injury if they fail to support your foot properly. Even though cycling places less stress on bones and joints than other high-impact sports, an ill-fitting bicycle can lead to back and knee pain and/or injury. Whatever your activity, be sure that your equipment is in top condition before risking your health and safety.



USE SAFETY DEVICES

Helmets, goggles, mitts, braces, guards, pads, even sunscreen, are just a few of the numerous safety “devices” available for today’s active person. Each activity carries its own risks, and which devices you use will depend on your particular activity. The point, however, is to use them. While some safety gear may feel awkward or “look funny,” keep in mind that these minor inconveniences are far outweighed by the risk reduction you’ll enjoy.

USE COMMON SENSE

The most important factor in fitness injury prevention is common sense. Make sure your muscles are conditioned before engaging in vigorous activities and use the right equipment and available safety devices. Fitness should be fun. The best way to enjoy your activity and prevent unnecessary injuries is to use your common sense.

